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POST-OPERATIVE SHEET: COLPOSCOPY WITH BIOPSIES

Colposcopy, a magnified examination of the cervix, was done today to detect any abnormalities. Small tissue samples may have been taken for further examination and testing. We will contact you with your test results as soon as they become available to us.

To promote healing of the cervix and lessen discomfort, please follow these guidelines:

- Resume usual activities after leaving today.
- You may shower or bathe in a tub. Avoid hot tubs or swimming for one week.
- For the next week, do not insert anything into your vagina. This includes tampons, douching, and sexual intercourse. Spotting after intercourse is not worrisome
- You may have mild cramping in your lower abdomen for one to two days. You may take Ibuprofen such as Advil, Motrin, Aleve or Tylenol if you are not allergic to it. Please follow the instructions on the bottle. Use ibuprofen 200 mg, 2 tablets every 4 hours as needed. Do not use ibuprofen if you are allergic to aspirin.
- You may have some small amount of dark, or bright red spotting for one to two days. This may last for up to one week. Use pads only (no tampons) for any bleeding. Please change tampons every 4 hours and do not use overnight. Do not be alarmed if your period is off-schedule this month.

PLEASE CALL the office Monday through Friday 9-5 at 461-5940 or any other time at 258-1919 for:

- 1) Bleeding heavier than menses.
- 2) Persistent pain or cramping after 72 hours.
- 3) Foul vaginal discharge.
- 4) Temperature greater than 100 degrees.